

Section 2

FOODS

What Foods are Available on the WIC Program?

WIC foods are carefully selected to meet Federal nutritional requirements, which provide vitamins, minerals, and proteins to WIC participants. Therefore, no substitutions for WIC foods are allowed. Listed below are categories of WIC foods:

Nutrient Provided	WIC Foods Which Supply the Nutrient
Protein:	Infant formula, milk, eggs, cheese, peanut butter, dried peas or beans.
Iron:	WIC approved brands of cereal, peanut butter, dried peas or beans, eggs, iron-fortified infant formula.
Vitamin C:	Citrus fruit juices, fruit juices fortified with Vitamin C, infant formula.
Vitamin A:	Milk, eggs, cheese, infant formula.
Calcium:	Cheese, milk, infant formula.

Approved and Non-approved WIC Foods

The Arizona WIC Programs Food List contains only the types and brands of foods allowed on the Arizona WIC Program. In addition, the food list specifies foods that cannot be purchased. This list is available in English and Spanish. The Arizona Food Selection Criteria Committee revises this food list periodically. The Committee is made up of representatives from each of the three (3) WIC Programs in Arizona, including local agency staff, and the Arizona Food Marketing Alliance (represents the Vendor community). Vendors are notified whenever changes are made to the food list prior to the change going into effect.

Vendors must ensure that a **current** food list is maintained at each cash register. The Department will provide a supply of English and Spanish versions of the food list at the beginning of each Contract period. An additional supply may be requested by completing and submitting the Arizona WIC Program Vendor Order Form found in Appendix 2 of this manual.

NOTE: The Arizona WIC, Inter Tribal Council of Arizona, Inc. and Navajo Nation WIC Programs use a common food list. An example of the English version of the Arizona WIC Programs Food List is shown on the next page.

Arizona WIC Programs Food List



WIC Programs in Arizona
Working Together Helping Families Grow
Effective October 1, 2005

CAN BUY	CANNOT BUY	CAN BUY	CANNOT BUY
<p>CEREAL 12 oz box or larger, 36 oz or less, bags or boxes, from the list below:</p> <p>COLD CEREAL Any Store Brand Crispy Rice Any Store Brand Toasted Oats Cheerios (Plain) Chex Corn or Rice Malt-O-Meal Frosted Mini Spooners Kix (Plain) Whole Grain Total (Plain) Kellogg's Corn Flakes Special K (Plain) Post Bran Flakes Quaker Life (Plain)</p> <p>HOT CEREAL 11.8 oz box or larger Cream of Wheat (Instant only) Malt-O-Meal (Original) Instant Quaker Oatsmeal (Regular flavor - single serving packets)</p> <p>JUICE: 100% juice only, NO ADDED SUGAR</p> <p>46 oz containers Amount as printed on the food instrument.</p> <p>Donald Duck: Orange juice (any style) Pink Grapefruit juice White Grapefruit juice</p> <p>Dole: Pineapple juice Food Club: Tomato juice Campbell's: Tomato juice</p> <p>Seneca (Red Label): Apple juice</p> <p>Libby's Juicy Juices: Purple Grape juice White Grape juice</p> <p>11.5-12 oz Frozen Amount as printed on the food instrument.</p> <p>Donald Duck: Orange juice Grapefruit juice</p> <p>Dole: Pineapple juice</p> <p>Seneca: Apple juice</p> <p>Old Orchard: (Any flavor, except limeade or lemonade)</p> <p>Single Serving Juice (as printed on the food instrument) Donald Duck: Orange juice Sunglo: Apple, Grape & Orange</p>	<p>Organic, raisins, fruit, nuts, and variety packs</p> <p>Any package of cold cereal less than 12 oz Any package of frosted cereal (except Frosted Mini Spooners)</p> <p>Any package of hot cereal less than 11.8 oz box</p> <p>Organic, cocktail, fruit drink/punch, citrus, banana, lemonade, limeade, Awake, Dole Pure & Light, 16-C, Kern's Nectar, Sunny Delight or V8 any flavor or style</p> <p>Refrigerated, fresh, or non-frozen concentrated juice, 4 oz frozen containers, or glass bottles</p>	<p>MILK, gallons only Least expensive brand only Half gallons and quarts are only allowed if specified on the food instrument</p> <p>EGGS Any brand, 1 dozen cartons only Fresh, raw, large, white eggs only</p> <p>PEANUT BUTTER Any brand, 16 oz or 18 oz jars only Plain, smooth or chunky types</p> <p>DRY BEANS/PEAS/LENTILS Any brand and type, 1 lb bulk or 16 oz pre-packaged (canned beans allowed only if specified on the food instrument)</p> <p>CHEESE Any brand, 10 oz package or larger Plain, domestic, regular or lowfat, amount as printed on the food instrument Only these types: Cheddar (includes longhorn) Colby Jack Colby (includes longhorn) Monterey Jack Mozzarella (whole or part skin, includes string)</p> <p>INFANT FORMULA Only brand and type printed on the food instrument</p> <p>INFANT CEREAL Any brand, single grain, iron fortified varieties only 8 oz or 16 oz boxes only, amount as printed on the food instrument</p> <p>INFANT JUICE Any brand, single flavor only, 100% infant fruit juice, individual containers, four or six packs, amount as printed on the food instrument</p> <p>CARROTS Any brand, plain, fresh, canned or frozen, amount as printed on the food instrument</p> <p>TUNA Any brand, chunk light only, amount as printed on the food instrument</p>	<p>Organic, pinto, raw, goat's, chocolate or any flavored milk, buttermilk, half & half, non-dairy, soy, rice or acidophilus milk</p> <p>Organic or specialty eggs, Eggland's Best, small, medium, extra large, jumbo or brown eggs</p> <p>Organic, spreads, added jelly, honey or candy chips or in tubes</p> <p>Organic, snap beans, fresh, frozen or bean soup mix</p> <p>Organic, deli counter, random weight, imported, flavored or with added ingredients, cheese that is sliced, shredded, cubed, string (except mozzarella), cheese food, cheese product or cheese spread</p> <p>Low iron or concentrate formula unless specified on the food instrument</p> <p>Organic, high protein, fruit added, mixed, cans, jars or variety packs or with added formula, sugar or yogurt</p> <p>Organic or yogurt added, mixed flavors, fruit/veggie blends</p> <p>Organic, sliced, shredded, in glazes, syrups, sauces, baby carrots</p> <p>Organic, Albacore, solid white, oil-packed, pouches, flavored or lunch kits</p>

Note: Available in Spanish

Minimum Stock Requirements

The Department has established minimum stock requirements for all WIC foods, which must be maintained by the Vendor at all times. The minimum stock and varieties required are outlined on the following pages. The purpose is to ensure that the Vendor will be able to adequately serve WIC participants/authorized representatives when food instruments are redeemed.

Grocers and Military Commissaries

Grocers and Military Commissaries are required to maintain minimum stock and variety of all WIC foods either on its shelves or stored at its location address (**not available to order**) from the **date the application is submitted** and if approved, throughout the entire contract period. Failure to maintain minimum stock and variety of all WIC foods at any time throughout the contract period may result in termination of the contract.

Pharmacies

Pharmacies are not required to maintain the minimum stock requirements if they were contracted to provide only “special WIC infant formula.” However, pharmacies are required to order WIC eligible infant formula in the amounts and brands specified on the food instrument(s) redeemed by a WIC participant/authorized representative or ordered by WIC staff from either the Department or local agency.

Undue Hardship for Current Vendors

A current Vendor may be authorized to stock a reduced minimum stock of infant **and/or** woman/child food packages if one of the following criteria exists:

1. A local agency documents **fewer** than:
 - a. Four (4) milk based **and** two (2) soy based infant formula participants, and/or
 - b. Eight (8) woman/child participants.
2. A Vendor may request the stocking of these products be reduced based on the low volume of WIC sales of these products. The Department will make a determination based on the following criteria:
 - a. The Vendor’s redemption of infant **and/or** woman/child food packages during the past six (6) calendar months must substantiate the Vendor’s request to reduce the minimum stock requirements;
 - b. The number of authorized Vendors in the area.

The request must be submitted in writing to the Department. Any local agency whose participants may be affected by this reduction must approve the decision to reduce the minimum stock requirements of these products. The approval is contingent upon the Vendor’s agreement to provide all WIC authorized foods. If a WIC participant makes a request for any item that relates to the reduction, the Vendor must order the item and make it available to them within five (5) calendar days.

Written documentation from the Department approving the reduced amounts must be on file at the Department with a written notification to the affected Vendor and local agency before the requirement will become effective. The effective date will be the date the written notification is received by the Vendor.

NOTE: During FFY 2004, the Arizona WIC Program served approximately 151,746 participants per month. Minimum stock requirements are very low in relationship to the number of participants enrolled.

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Cereal	<p>ONLY THESE BRANDS:</p> <p>Cold Cereal Any Store Brand Crispy Rice Any Store Brand Toasted Oats General Mills Chex: Corn or Rice only General Mills Cheerios (plain) General Mills Kix (plain) General Mills Total (plain) Kellogg's Corn Flakes Kellogg's Special K (plain) Malt-O-Meal Frosted Mini Spooners Quaker Life (plain) Post Bran Flakes</p> <p>Hot Cereal Nabisco Instant Cream of Wheat (plain) Malt-O-Meal Original Hot Wheat Cereal Quaker Instant Oatmeal (regular flavor, single serving packets only)</p>	<p>24</p> <p>-- or -- 24</p> <p>-- or -- 24</p>	<p>boxes or bags, 12 ounce or larger of cold cereal</p> <p>boxes, 11.8 ounces or larger of hot cereal</p> <p>boxes and bags, appropriate size as listed above of hot <u>and</u> cold cereal combined</p>	4 brands
Do not count organic, frosted (except M-O-M Mini Spooners), honey, raisins, fruit or nuts, or variety packs.				
Dry Beans / Peas / Lentils	Any brand and type of dry beans, peas or lentils in one (1) pound bulk or prepackages (not more than 16 ounces)	<p>8</p> <p>-- or -- 128</p>	<p>pounds</p> <p>ounces</p>	<p>1 type Dry Beans</p> <p>-- and -- 1 type Peas or Lentils</p>
Do not count organic or immature varieties (i.e., snap beans, etc.), fresh, frozen, flavored or bean soup mixes.				
Peanut Butter	Any brand of plain (smooth, chunky or natural) peanut butter.	8	16 or 18 ounce jars	not applicable.
Do not count organic, spreads, tubes or added ingredients (i.e., jelly, marshmallow, chocolate or honey).				
Tuna	Any brand of water packed chunk light tuna.	8	6 ounce cans	not applicable.
Do not count organic or oil packed, solid white, albacore, flavored, pouches or lunch kits.				
Carrots	Any brand of plain; fresh, canned or frozen carrots.	<p>4</p> <p>-- or --</p> <p>4</p> <p>-- or --</p> <p>4</p>	<p>canned up to 16 ounces</p> <p>one (1) pound packages of fresh</p> <p>one (1) pound packages of frozen</p> <p>or</p> <p>any combination of canned, fresh or frozen that equals 64 ounces</p>	not applicable.

Do not count organic or carrots in glazes, syrup, sauces or baby carrots.

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Milk	Traditionally Least Expensive Brand of refrigerated milk.	28	gallon containers	not applicable.
<u>Do not</u> count pint, quart or half gallon containers, organic, raw, goat's, acidophilus, chocolate or flavored milk, buttermilk, half & half, evaporated filled or sweetened condensed milk, non-dairy or soymilk products.				
Cheese	Any brand, plain, domestic cheese (10 to 16 ounces only) prepackaged in blocks. ONLY THESE TYPES: Cheddar (includes longhorn) Colby (includes Longhorn) Colby-Jack Monterey Jack Mozzarella (whole or part skim – includes string cheese)	8 -- or -- 128	pounds ounces	3 types
<u>Do not</u> count deli counter or random weight cheese, organic or imported cheese, with added ingredients (i.e., peppers, pimentos, flavoring, etc.), cheese that is sliced, shredded, cubed or string (except mozzarella), cheese foods, cheese products or cheese spreads.				
Eggs	Any brand, fresh, raw, white eggs.	16	large - one (1) dozen cartons	not applicable.
<u>Do not</u> count organic or specialty, six-packs, brown, small, medium, extra large or jumbo eggs.				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Juice	100% juice, with NO sugar or sweeteners added.	48 -- or --	46 ounce cans or plastic containers	3 types
	ONLY THESE BRANDS:	48 -- or --	11.5/12 ounce frozen cans	
	Canned/Plastic Containers:		<u>or</u>	
	Orange Juice: Donald Duck	48	46 ounce cans or plastic containers	
	White or Pink Grapefruit Juice: Donald Duck		<u>and</u> 11.5/12 ounce frozen cans combined	
	Apple Juice: Seneca (red label)			
	Grape or White Grape Juice: Nestle Juicy Juice			
	Pineapple Juice: Dole			
	Pineapple Mango: Dole			
	Vegetable Juice: Food Club Tomato Juice Campbell's Tomato Juice			
	Frozen:			
	Orange Juice: Donald Duck (any style)			
	Apple Juice: Seneca (red label only)			
	Pineapple Juice: Dole			
	Any Flavor: Old Orchard			
<u>Do not</u> count organic, refrigerated, fresh, and non-frozen concentrate, juice in glass bottles or juice in 6-ounce frozen containers.				

ARIZONA WIC PROGRAM'S MINIMUM STOCK REQUIREMENTS

(These stock requirements must be maintained at all times.)

WIC FOOD	BRAND/TYPE	AMOUNT	SIZE	# OF VARIETIES
Infant Formula	<u>Enfamil with Iron</u> (yellow can only) OR <u>Enfamil LIPIL with Iron</u> Powdered only	32	14.3 ounce cans OR 12.9 ounce cans	not applicable.
	<u>Enfamil Prosobee</u> (blue can only) OR <u>Enfamil Prosobee LIPIL</u> Powdered only	16	14.3 ounce cans OR 12.9 ounce cans	not applicable.
<u>Do not</u> combine regular and LIPIL formula when counting cans.				
Infant cereal	Any brand, plain and any single grain, without fruit.	24 -- or -- 12	8 ounce boxes 16 ounce boxes <u>or</u> any combination of 8 and 16 ounce boxes that equals 192 ounces	not applicable.
<u>Do not</u> count organic or high protein, mixed, cereals with fruit, sugar, yogurt or formula added, cans, jars or variety packs.				
Infant juice	Any brand and any single flavor, 100% infant fruit juice	120	4.0 ounce glass or plastic bottles, individual bottles, four (4) packs or six (6) packs	not applicable.
<u>Do not</u> count organic or juices with yogurt added, mixed flavor juices, fruit/vegetable blends.				

WIC Vendor Price/Stock Report

The Department requires Vendors to verify and complete a WIC Price/Stock Report semi-annually to evaluate and ensure that competitive price criteria continues to be met throughout the term of the Vendor Contract. A copy of the WIC Price/Stock Report is located in Appendix 2. All Vendors must accurately complete and return the report, no later than the fifteenth (15th) calendar day of March and September. All Vendors are required to submit additional WIC Price/Stock Reports when requested by the Department. Also, additional reports may be submitted when there is a wholesale price increase. Price data is used as one of the tools to determine/substantiate the dollar amount to reimburse Regular Vendors for rejected food instruments that are paid through Automated Clearing House (ACH) or submitted for second level review.

Exception: Pharmacies are exempt from this requirement, if they were contracted to provide only “special WIC infant formula.”

Chain stores must submit one consolidated WIC Price/Stock Report for all outlets. However, if prices vary for each outlet and/or region, a separate report must be submitted for each outlet and/or region.

REMEMBER: Complete and submit the Certification Page (page 1) with each report.

- " **NOTE:**
1. The Department will not accept a facsimile in lieu of the original WIC Price/Stock Report.
 2. The Enrollment WIC Applicant Price/Stock Report is required for the enrollment process and **does not** replace the WIC Price/Stock Report due in March and September.
 3. The Semi Annual Price/Stock Report should not be submitted prior to the beginning of the month in which they are due. (March and September)